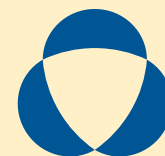




2014

Workplace Safety and Health

**Top 12 Hazards
that Cause Injuries
and Deaths**



Washington State Department of
Labor & Industries

Division of Occupational Safety and Health



Chemicals

Corrosive chemicals have a variety of uses, including making new chemicals and products. However, they can cause chemical burns to the eyes and skin, with a possibility of disfigurement, blindness and even death. Workers in many industries and occupations use chemicals in their jobs. The proper Personal Protective Equipment must be used to protect them from a chemical splash

when pouring from or filling containers and when transporting chemicals. Vanja Jovic is wearing a protective smock, eye protection and chemical-resistant gloves to protect her while she works in the lab at PSC Environmental Services, LLC.

DECEMBER 2013						
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JANUARY 2014

FEBRUARY 2014						
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			1 New Year's Day	2	3	4
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19	20 Martin Luther King, Jr. Day	21	22	23	24	25
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Weekly Safety and Health Tips

1. Minimize activities with open containers, and establish safe work practices to prevent splashes or release of chemicals.

2. Make sure the emergency eyewash and shower is immediately accessible and can be activated in one second or less.
3. Secure lids prior to transporting chemicals.

4. Assess all Personal Protective Equipment to ensure proper selection and use for the type of job.

5. Use chemical-splash goggles and a face shield instead of safety glasses.



Motor Vehicle Accidents

Motor vehicles are a key part of nearly every industry. Despite major advances in motor-vehicle safety and safe-driving techniques, motor-vehicle crashes continue to be the most frequent cause of work-related deaths in Washington State. Workers operate motor vehicles for many work purposes – to make deliveries, visit job sites, serve customers, make repair and sales calls, travel

to meetings and more. John Geppert, a program manager with L&I’s Voluntary Protection Program, logs thousands of miles each year conducting site visits with VPP companies. Before starting out on a trip, he reviews a safety checklist.

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FEBRUARY 2014

MARCH 2014							
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16	17 Presidents’ Day	18	19 Agriculture Safety Day event info: www.wagovconf.org	20	21	22
23	24	25	26	27	28	

Weekly Safety and Health Tips

1. Implement company safe-driving policies and procedures.

2. Offer a safe-driving training program for your employees.

3. Require all employees to use seatbelts at all times.
4. Ensure proper maintenance of vehicles.

5. Schedule time for drivers to complete their tasks without rushing.



Caught in the Bite

Crushed hands and arms, severed fingers, blindness – the list of possible machinery-related injuries is as long as it is horrifying. Safeguards are essential for protecting workers like Ryan Heyer, who operates a milling machine at Columbia Vista. Accidents usually result from a combination of factors that include both hazardous machine conditions and careless human

actions. Any machine part, function or process that may cause injury must be safeguarded. Lockout/Tagout safety procedures are critical for the service and maintenance of machinery or electrical systems where employees could be hurt by the unexpected start up, or energization, of the equipment.

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APRIL 2014						
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MARCH 2014

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9 Daylight Savings Time Begins	10	11	12	13	14	15
16	17	18	19	20 First Day of Spring	21	22
23 30	24 31	25	26	27	28	29

Weekly Safety and Health Tips

1. Recognize the hazards by identifying all actions and hazards associated with each piece of equipment or machinery.

2. Ensure proper use of safeguarding and reinforce the program by training, education and enforcement.
3. Develop an effective Lockout/Tagout program to ensure that machines and circuits are properly shut off or de-energized to prevent unexpected startups.

4. Avoid wearing loose clothing and jewelry and keep long hair tied back.

5. Use proper methods of safeguarding.



Slips, trips and falls from vehicles

Slips, trips and falls from vehicles are common injuries that can keep skilled workers off the job for weeks while they recover. Injuries may occur when a driver is distracted, such as by a cell phone or other electronic device. Some are caused from maintenance issues, such as slippery surfaces on load areas and ramps, poorly designed steps, or wear and tear on equipment.

And workers can get injured when jumping down from a vehicle or fall when climbing off a rig. Phillips 66 Tacoma Terminal uses a Safe-Rack so that drivers can safely reach the top of the truck. William Kercher keeps both hands on the rails and watches his step as he goes up to collect quality-assurance samples from the tanker.

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APRIL 2014

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20	21	22	23 Construction Safety Day event info: www.wagovconf.org	24	25	26
27	28 International Workers' Memorial Day	29	30			

Weekly Safety and Health Tips

1. Steps must have handrails that must be used in order to serve their purpose. Keep one hand free so you can hold on to the handrail.

2. Don't text or talk on the phone when you're walking, especially on steps!
3. Clean up spills immediately.

4. Protect yourself by paying attention and wearing appropriate footwear.

5. Don't jump down from a vehicle! To see the impact on your body, try the Jump Force game at www.KeepTruckingSafe.org/game.html.



Cut by Machinery

Year after year, wounds to the fingers (includes cuts, lacerations and amputations) is one of the “most frequent injury” categories for workers’ compensation claims. Finger wounds alone accounted for 8,700 injury claims in 2012. Machine guarding is absolutely essential to minimize the risk of accidents from machine-operator contact during

cutting action. Machinery creates other hazards for workers as well, including flying debris and excessive noise. At Weyerhaeuser Tacoma Distribution Center, John W. Groff III wears gloves, a face shield and hearing muffs to protect himself while operating a circular saw. The saw is equipped with a safety interlock device for additional protection.

APRIL 2014

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MAY 2014

JUNE 2014

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25	26 Memorial Day	27	28	29	30	31

Weekly Safety and Health Tips

1. Identify dangerous parts of machinery and the hazards associated with each part.

2. Involve workers in identifying hazards.
3. Train employees often in the proper use of safeguarding and Personal Protective Equipment.

4. Be certain that safeguards are secure, tamper-resistant and durable.



Struck by Falling Object

Being struck by a falling object is a common hazard in many industries and occupations. At Weyerhaeuser Coastal Operations, logger John Weiler keeps a close watch for “widow-makers” – limbs, branches or hung-up trees that could fall on him as he works. Tree trimmers and utility workers must use the same

caution when trimming trees. In other industries, workers are at risk of falling objects if they work beneath cranes and scaffolds or wherever any overhead work is being performed.

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JULY 2014						
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JUNE 2014

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15	16	17	18	19	20	21 First Day of Summer
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Weekly Safety and Health Tips

1. Wear hardhats whenever there is a risk of head injury from impact or from falling or flying objects.

2. Barricade overhead-hazard areas and post warning signs.
3. Stack materials to prevent sliding, falling or collapsing.

4. On scaffolds, use protective measures such as debris nets or guardrails to prevent objects from falling below.

5. Avoid working underneath crane booms and/or loads being moved.



Overexertion

Overexertion, such as low back or shoulder strain, is one of the most common causes of workplace injuries. Lifting is the most frequent cause of overexertion injuries, especially when the lifting is heavy, is frequently repeated or is done in an awkward position, such as reaching up or bending down. At Simmons Bedding Company,

Larry Miller and Manuel Hernandez use a lifting device to raise the heavy mattresses up to a comfortable working level, eliminating the need for them to lift and making it easier and more efficient for them to work.

JUNE 2014						
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JULY 2014

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Weekly Safety and Health Tips

1. Think twice, lift once! Lift first with your mind, then with your body.

2. Lifting: Use a lifting device whenever possible.

3. Pulling: Push if you can. It’s safer because it allows you to use your body weight more effectively.
4. Pushing: Keep the load light enough that it doesn’t take too much force to move and low enough that you can see over it. Push with your body, not just your arms. Use good wheels or casters and keep them maintained so they roll easily.

5. Carrying: Carry items close to your body and don’t block the view of where you are going.



Electrocution

Working with or around electricity has long been recognized as a serious workplace hazard, and workers in many industries and professions are at risk. Direct contact with an energized source can cause instant death. Indirect contact, such as with a ladder or other semi-conductive items, and arc flashes, can cause serious burns, blindness, loss of extremities and death. In this photo

taken at the Clark County Public Utilities’ River Road Generating Plant, instrument and control technicians Daniel Bartholomew and Jack Blair wear special arc-flash protective clothing while they take steps to ensure the switchgear is completely de-energized prior to conducting maintenance tasks. The insulated rescue hook is available in case of an emergency situation.

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SEPTEMBER 2014						
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AUGUST 2014

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Weekly Safety and Health Tips

1. Know the electrical safety rules for your industry and train workers.

2. Develop an effective Lockout/Tagout program to ensure that circuits are properly shut off or de-energized before performing any maintenance work.
3. Use electrical equipment and tools according to the manufacturer’s instructions.

4. Do not modify electrical cords or use them incorrectly.

5. Don’t use electrical outlets with broken or cracked covers.



Falls from Elevations

Falls are a leading cause of work deaths and debilitating permanent injuries in Washington State, and sadly, are preventable. Fall hazards exist anytime employees are working at heights when the sides, edges, floor holes and wall openings are not guarded or if they are working above or adjacent to

dangerous equipment or machinery. Ed Schatz, a construction worker for Mortenson Construction, is wearing fall-protection equipment to protect him from injury. When used properly, fall protection saves lives!

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OCTOBER 2014							
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SEPTEMBER 2014

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	1 Labor Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23 First Day of Fall	24 63 rd Governor's Industrial Safety and Health Conference, Spokane	25	26	27
28	29	30				

Weekly Safety and Health Tips

1. Guard every floor opening, overhead platform, elevated work station or area where a worker could fall into or onto dangerous machines or equipment.

2. Develop, implement and commit to a fall-protection program.
3. Plan ahead when working from heights, such as from ladders, scaffolds and roofs.

4. Provide the right safety equipment for the job and inspect it regularly for wear, tear and proper installation.

5. Train workers to recognize hazards and the proper use of fall-protection gear.



Burns

Luke Stiffler pays close attention as he prepares stir-fry specialties at Ramblin Jack’s Restaurant. Burn and scald injuries are common in the restaurant and food-preparation industry. Deep-fat fryers are the most common cause of serious injury claims, but stoves and grills, steamers and espresso

machines, as well as other hot equipment such as dishwashers and hot lamps are also sources of injuries. Using hazardous chemicals when cleaning can also cause burns. Burns can be prevented if proper precautions are taken and workers are trained in safe work practices.

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OCTOBER 2014

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12	13 Columbus Day Holiday: Washington State Government Open	14	15	16	17	18
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Weekly Safety and Health Tips

1. Use caution when working around hot oil, and never leave hot oil or grease unattended. Don’t move or strain hot oil containers.

2. Take precautions when using chemical cleaning products. Wear gloves and safety goggles.
3. Use appropriate hand protection when hands are exposed to hazards such as cuts, lacerations, and thermal burns.

4. Keep floor surfaces clean and dry to prevent slipping or falling onto hot surfaces. Wear slip-resistant shoes.

5. Use extra caution when carrying plates of hot food.



Falls from Ladders

Every year, many workers in Washington State are seriously injured from falling off ladders at work. These injuries include dislocated limbs, broken bones, head injuries and in a few cases, even death. Injuries can happen when the ladder isn't positioned properly and moves or falls over; the worker slips on the rungs or is standing on the top cap of the ladder; or when the

ladder is not in good condition. The Dow Chemical Company has eliminated ladder hazards by providing employees with a personal lift truck. Dion Baratti uses the lift truck to change light bulbs. Note: This type of personal lift is not manufactured or intended for use on construction sites.

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DECEMBER 2014						
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NOVEMBER 2014

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2 Daylight Savings Time Ends	3	4	5	6	7	8
9	10	11 Veterans Day	12	13	14	15
16	17	18	19	20	21	22
23 / 30	24	25	26	27 Thanksgiving Day	28 Washington State Government Closed	29

Weekly Safety and Health Tips

1. Make sure workers are trained in the safe use of all ladders.
2. Select the proper ladder for the job, and check the duty rating.
3. Inspect each ladder before climbing; take defective ladders out of use.
4. Follow a 4-to-1 ratio to prevent sliding when using a portable ladder.
5. When going up and down, face the ladder, and hold on to the side rails.



Slips, Trips and Falls

Slips, trips and falls make up the majority of general industry accidents. They can happen in any part of the workplace, inside or outdoors. Workers, employers and even worksite visitors are put at risk for serious injury when slip, trip and fall hazards aren't noticed. At the PSE Ferndale Generating Station,

Jim Nevins uses caution and holds the handrails when walking down the metal steps. The work area is clear of clutter and uneven areas are marked with bright yellow paint. These simple precautions can prevent someone from getting hurt.

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JANUARY 2015						
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DECEMBER 2014

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14	15	16	17	18	19	20
21 First Day of Winter	22	23	24	25 Christmas Day	26	27
28	29	30	31			

Weekly Safety and Health Tips

1. Step carefully and wear sturdy shoes with slip-resistant soles.

2. Clean up spills immediately, and place caution signs near wet floors.

3. Pay close attention to what is going on around you and watch for hazards; use caution near corners and when carrying things.
4. Report debris, spills, loose rugs or tiles and cords, and other hazards to a supervisor.

5. Be extra careful with metal rungs and steps that may be worn smooth or contaminated with water, mud or oil.

For employers

Get a free safety and health consultation. L&I consultants can help you prevent workplace injuries and illnesses and even save money on your workers' compensation premiums. A consultant can visit at your convenience and:

- Explain the safety and health rules for your business.
- Review or help develop your required safety and health programs.
- Provide a risk assessment and offer suggestions for effectively managing claims.

Consultants will not cite you for safety or health hazards, but will give you time to fix the hazard(s)

and help you with correction options. For more information, visit **www.SafetyConsultants.Lni.wa.gov** or call the L&I office nearest you.

For workers

Although you must follow the safety and health rules that apply to your job, everyone has the right to a safe and healthy workplace.

If you notice a safety or health hazard at your worksite, tell your employer. If your employer fails to take action, you can contact L&I. Your employer cannot discipline you or retaliate against you in any way for notifying L&I about a hazard or for filing a complaint. Learn more about your rights at **www.WorkplaceRights.Lni.wa.gov** (click on Complaints/Discrimination) or call 1-800-423-7233.

Free safety and health workshops

If you're unsure how to fill out an OSHA-300 form, dread creating your own Accident Prevention Plan or aren't certain how a respirator should fit, consider attending an L&I workshop.

L&I offers free workshops on a variety of subjects all year long at most of the agency's 20 offices. Topics cover such hazards as lead, outdoor heat, back injuries, and falls while other workshops discuss how to develop a safety committee, the basics of accident investigation or provide a general introduction to L&I for small businesses.

A workshop schedule is available at **www.Lni.wa.gov/Safety/Traintools/Workshops**.

Workplace safety and health services at everyone's fingertips

- **A to Z Topics:** Instant access to a wide range of topics, plus rules and research: **www.Lni.wa.gov/Safety/Topics/AtoZ**.
- **Online Training:** Courses, training kits, workshops and more. Take a look: **www.Lni.wa.gov/Safety/TrainTools**.
- **Safety and Health Video Library and Resource Center:** General and industry-specific safety and health topics for Washington State employers and workers are available from the largest workplace safety and health video library in the country. The collection includes more than 1,100 titles. Find them at: **www.Videos.Lni.wa.gov**.
- **Free Publications and Posters:** Visit **www.Lni.wa.gov/Safety/TrainTools/FormsPubs/** for a free copy of any poster required for the workplace and other safety and health publications.
- **Rules:** Find current laws, rules and policies at **www.SafetyRules.Lni.wa.gov**. For e-mails about new rules, changes, hazard alerts and other news, sign up at **www.Lni.wa.gov/Main/Listservs/SafetyStandards.asp**.
- **Spanish:** Visit **www.Lni.wa.gov/Spanish** for L&I's Spanish-language website. Safety videos in Spanish are at **www.Videos.Lni.wa.gov** under the "Videos available in Spanish" link. For posters and other publications in Spanish, go to **www.Lni.wa.gov/FormPubs** and type "Spanish," into the search box.



Keep Washington Safe and Working

Voluntary Protection Program (VPP)

Washington State's Voluntary Protection Program (VPP) is designed to recognize and promote exemplary safety and health program management. VPP recognizes employers and workers in the private industry and government agencies who have implemented effective safety and health management systems and maintain injury and illness rates below national averages.

VPP is a cooperative program where businesses, workers and government work together to achieve excellence in safety and health. Companies achieving VPP status are expected to go above and beyond requirements, look for ways to continually improve their safety programs, and provide outreach and mentoring to other companies. These all result in effective protection of workers.

Benefits include:

- Improved employee motivation to work safely.
- Fewer lost workdays; reduced workers compensation costs.
- Positive community recognition and interaction.
- Further improvement of already good programs through a partnership with L&I's Division of Occupational Safety and Health (DOSH).
- An exemption from scheduled inspections.



Pictured left to right, Larry Pratt, Jim Murdoch, Scott Sander and Forrest McKinney at Wheelabrator Spokane, Inc.

START Program for smaller employers

The START Program – Safety through Achieving Recognition Together – is aimed at smaller employers in the state, those with fewer than 50 workers at a specific site and no more than 250 workers statewide. START offers the same benefits as the VPP for small businesses that are willing to commit to safety and health excellence, employee involvement and a full safety and health consultation from L&I's Consultation Services.

Learn more about how you can participate in VPP or START at **www.VPP.Lni.wa.gov**.

Call the L&I Office nearest you

Workplace safety and health specialists from L&I's Division of Occupational Safety and Health (DOSH) are available to assist you.

Aberdeen	360-533-8200
Bellevue	425-990-1400
Bellingham	360-647-7300
Bremerton	360-415-4000
East Wenatchee	509-886-6500 or 1-800-292-5920 (E. WA only)
Everett	425-290-1300
Kelso	360-575-6900
Kennewick	509-735-0100 or 1-800-547-9411
Moses Lake	509-764-6900 or 1-800-574-2285 (E. WA only)
Mount Vernon	360-416-3000
Port Angeles	360-417-2700
Pullman	509-334-5296 or 1-800-509-0025
Seattle	206-515-2800
Spokane	509-324-2600 or 1-800-509-8847
Tacoma	253-596-3800
Tukwila	206-835-1000
Tumwater	360-902-5799
Vancouver	360-896-2300
Yakima	509-454-3700 or 1-800-354-5423

Top 12 Hazards that Cause Injuries and Deaths

The Washington State Department of Labor & Industries would like to thank the following businesses for graciously allowing us to photograph their work sites. Featuring real Washington State businesses and employees brings home the theme of the 2014 Workplace Safety and Health Calendar: Top 12 Hazards that Cause Injuries and Deaths.

Photo Month	Company
January	PSC,* Tacoma
February	L&I, Tumwater
March	Columbia Vista Corporation,* Vancouver
April	Phillips 66,* Tacoma
May	Weyerhaeuser Tacoma Distribution Center,* Tacoma
June	Weyerhaeuser Coastal Operations,* Cosmopolis
July	Simmons Bedding,* Sumner
August	Clark County Public Utilities,* Vancouver
September	Mortenson Construction, Seattle
October	Ramblin Jack's, Olympia
November	Dow Chemical Company,* Elma
December	PSE Ferndale Generating Station,* Ferndale

* Denotes VPP sites.

This calendar lists federal holidays and/or the days the federal holidays are observed in 2014.

Note: Washington State government is open on Columbus Day and closed the day after Thanksgiving.

We oriented the back cover so you can read it while the calendar is on the wall.



Washington State Department of
Labor & Industries

Division of Occupational Safety and Health

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